

## Types of Joints

Synarthrotic- immovable  
- sutures of the skull

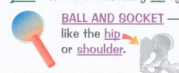
Symphyses Joints- slightly movable  
- intervertebral discs

Diarthrotic or Synovial Joints- freely moving  
- elbow, fingers, hip etc. p. 70 Text

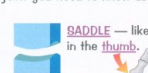
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**You have Six Types of Movable Joint in your Body**

Your shoulder can move in more directions than your knee. That's because it's a different kind of joint. There are actually six types of joint you need to know about.



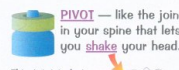
The joint can move in all directions, and it can rotate as well.  
So this allows flexion, extension, adduction, abduction and rotation.



The joint can move forwards and backwards, left to right — but it can't rotate.  
Allows flexion, extension, adduction and abduction.



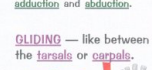
The joint can move forwards and backwards, left to right — but it can't rotate.  
Allows flexion, extension, adduction and abduction.



This joint is between the axis and dens bones in your neck.  
This kind of joint only allows rotation.

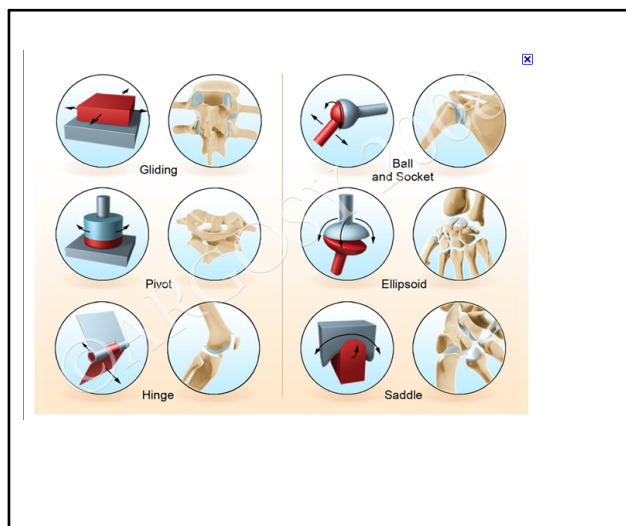


The joint can go backwards and forwards, but not side-to-side.  
This allows flexion and extension.

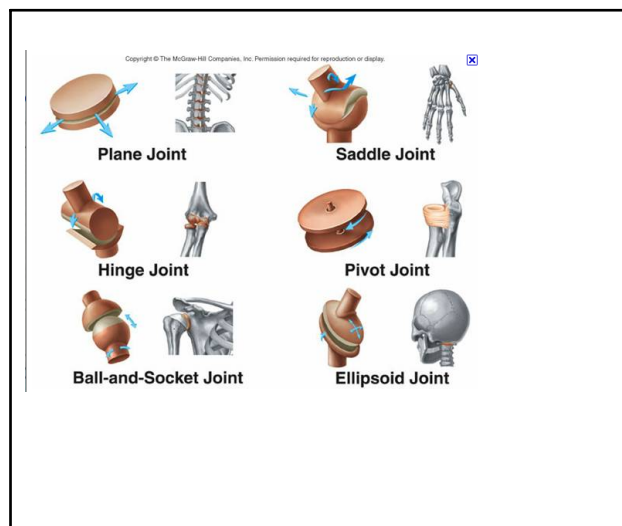


The bones move a little bit in all directions by sliding over each other.

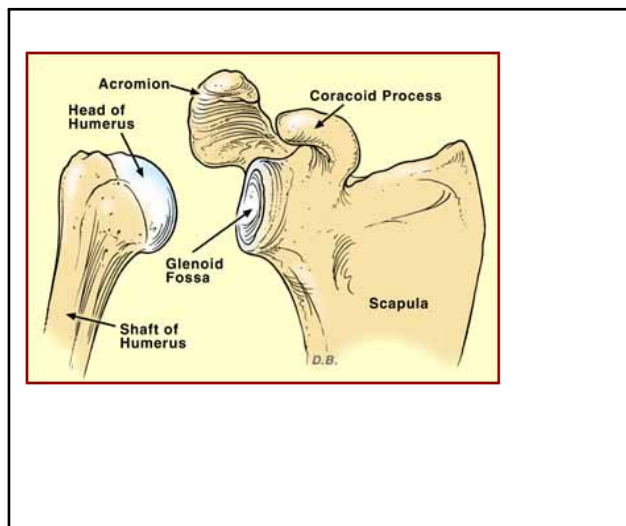
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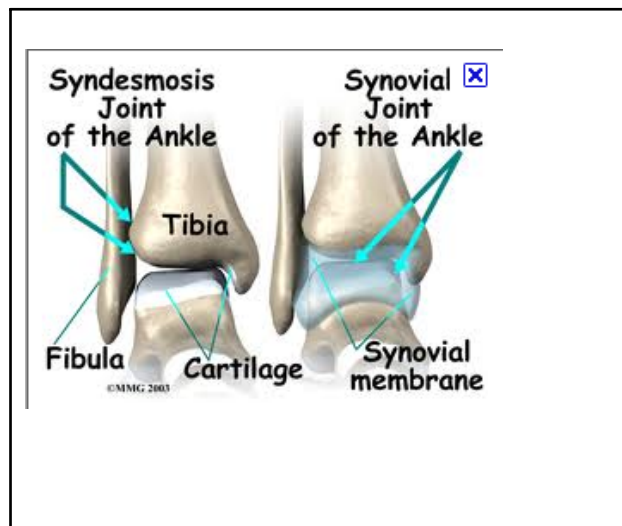
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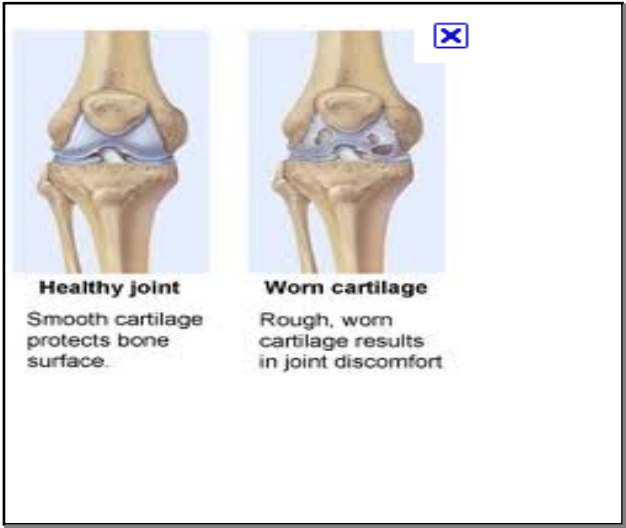
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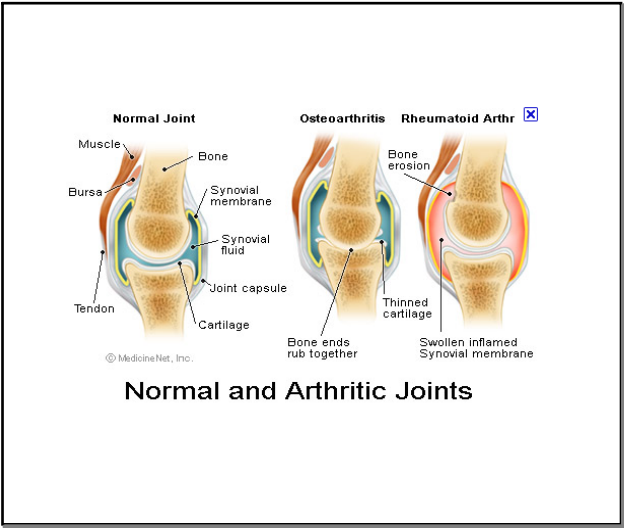
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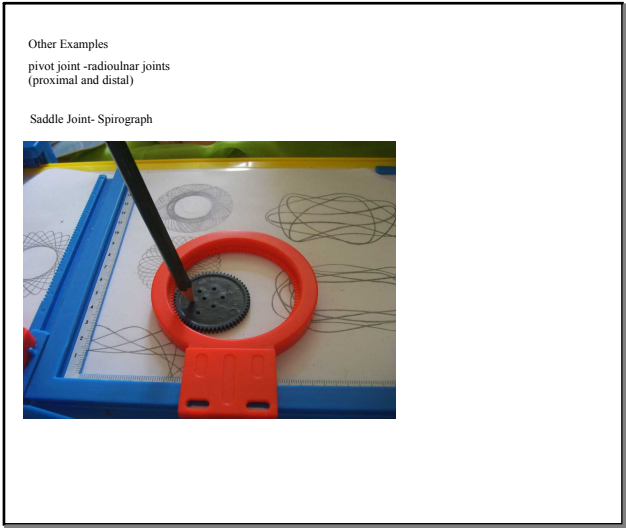
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